

Questions Asked During Live Webinar Broadcast on date here



Wellbriety and the Healing Forest

Presenter: J. Carlos Rivera

The Native American tribes in Wisconsin have suffered greatly. I also think of the other persons of color who have been harmed.

This is still an issue here on the Cheyenne River Reservation. We still have a boarding school. Although the motto has changed the effect hasn't. Parenting is our children.

Thank you so much for this webinar! It makes me excited that someone from the Native American culture has taken the time to share a little bit of what we are about to others. I am a Navajo woman working at a Drug Court program in a small community, and it's nice to see that you have reached out to share a portion of what our ancestors believed and taught to us. Thank you again! I felt a great connection with everything you had stated.

Yes, there is a big difference (between older people and elders). While old people do have the advantage of wisdom acquired over time, an elder feels the responsibility and high calling of passing that wisdom on to those coming up behind.

In your tradition(s), how does recovery work in real time across generations? How does recovery work when taking a multi-generational view looking at future decades?

Answer: Recovery is a process, which will take a lifetime and generations to heal. As I vision the future and recovery for our Native American people and communities, it can be overwhelming at times. I focus on our current conditions and attempt to make small changes such as personal and family recovery, which ultimately reflects in the future. The traditions of Recovery are ever evolving and I give myself permission to make the changes when necessary and create new Traditions for my family. (I hope this helps)

It has created cycles of shame and paralysis. The oppressed become oppressors!

My father was sent to boarding school at 5 years old and passed on that trauma as well - I found forgiveness by understanding his history as well.

Feel Loss of Native People Wisdom that could fix so much of what is wrong in the world today

Did the native tribes have trauma (sexual & physical abuse) prior to the historical trauma you described in this webinar?

Answer: From research we have found there were no similar abuse prior to Boarding Schools and colonization. Due to the pain inflicted on each other and from boarding school staff are a learned behavior. I am not saying that our communities did not have issues, but it came from a place of survival and not anger, guilt shame and fear.

What would one of the first things you would suggest to someone wanting to heal a community on a reservation?

Answer: Be patient and consistent. Take small steps and focus on goals that you can accomplish soon rather

burnout, focus on today. Starting a Healing Circle is a 1st step to begin the process of healing. Establishing a safe place for learning and processing is vital to begin healing from alcohol, drugs and mental health. Be Role-Model for others in the community, and you will gain their attention and trust.

There is not a living soul that does not feel; however some of us we cannot deal with and even denial is a response is an undeniable truth that they felt it but choose not to acknowledge it - just like addiction, roll on with it, it will come its time

To be free from hurt one has to rise above, forgive those who hurt and forgive thyself, you had not signed to be hurt- it was people's greed

I had a young lady who felt that the chains of her family- "we are hurt, we cannot conquer" mad her be handicapped, being a victim of 2 cruel abusive marriages, just because the family stated "you cannot conquer, you must not talk about your man to the white person"... she is now coming out to a new life. Can you please advise how I can help her? This lady is not addicted her husbands were. but she is terrible traumatized, and trauma does lead to addictions

Answer: I would find further resources for this person, such as Al-anon! Each year White Bison co-sponsors a Native American Nation Al-anon Conference. You can find more information for next year's conference in 2019. Of course therapy and counseling with a good fit, is helpful. There are local Al-anon groups in your city, if you haven't found them already.

Some adolescents do not have the motivation to not follow in the footsteps of their forefathers because it may have been all they saw in their family environment and drugs, alcohol, abuse, etc, may be what these young teens are exposed to one a daily basis whether it be from their families or friends as well.

How have families changed? Trauma and resulting dysfunction become normal, then expected, then even celebrated in the culture.

Can you give examples (programs, cities/countries) where these principles are being applied with different cultures/ peoples of color? I'd like to follow up and get more information re: ways they customized it.

Answer: Contact Albert Titman at the Sacramento Native American Health Center in California and Julia McClester at the Wise Women Gathering Center in Green Bay, Wisconsin.

I first heard of the Wellbriety Movement in 2012 and am so grateful to have another opportunity to learn from your work and commitment. Thank you and keep up the good work of healing and love!

I see the downside/destruction of the intergenerational Irish and Jewish Forest in this model....

Thanks also to NAADAC for focusing on Intergenerational trauma and the needs of the planet, people's, other life forms, and unseen world.